

# Mommy Survival Kit



Having a new baby can be an exciting time and also a very scary time. Mommy Survival Kits are a simple way to offer support to new moms that don't have the resources to provide all that new babies need.

## Do It Yourself Projects

### Items Needed:

1. Mason jar, box or gift bag from the dollar store
2. Travel size baby shampoo or lotion
3. Wet wipes
4. Water Enhancers
5. Granola bar or mini candy

### Delivery

Once completed, the projects can be dropped off or mailed to area nonprofits. If you need information on what agencies will accept the projects, please contact the Helpline Center by calling 211 or email [vol@helplinecenter.org](mailto:vol@helplinecenter.org).

More information can be found at [www.helplinecenter.org/diy](http://www.helplinecenter.org/diy).

### Share your Experience!

Post your photos of your completed projects via our social media pages!

#DIYVOLSD @HelplineCenter



### What To Do

- 1) Purchase items listed above (try the Dollar Store!)
- 2) Pack items into bag, jar or box

#### **ADDITIONAL IDEAS:**

- Items listed are not an all inclusive list, do not feel obligated to purchase all or stick to items listed
- If adding items such as soap (or anything scented) be sure to separate these items from food items.
- Consider adding a congratulations note or card to the kits.



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